

Basketball following a concussion

Basketball is a **medium-to-high risk sport** for concussion. Common mechanisms include **player collisions** during screens, drives to the basket, or defending; **falls** from jumps, rebounds, or contested landings and **ball strikes** to the head from close-range passes or deflections.

Because basketball requires **rapid decision-making, frequent aerial contests, and unpredictable contact**, it's vital to follow a structured pathway. This ensures athletes recover both physically and cognitively before resuming competitive play.

Earliest day post-injury	Notes	Activity
Day 8	Can start this stage even when still symptomatic but exercise should not significantly worsen symptoms.	<p>Low risk exercise & training Gradual increase in self-directed exercise (running, stationary bike, swimming) supervised weight training etc. Light resistance or body weight training. Focus on fitness</p> <p>Basketball specific exercise</p> <ul style="list-style-type: none"> - Stationary dribbling, layup form without defenders. - Shooting from set positions at easy pace. - Passing drills (chest pass, bounce pass, overhead) with partner, no pressure. - Walk-through offensive and defensive sets.
<p>R2P Medical Assessment to assess fitness to start a Gradual Return to Sport</p>		
Day 15	Only if symptom free at rest for the preceding 14 days	<p>Gradual Return to Basketball training</p> <p>Consider starting with reduced intensity sessions, building up as tolerated.</p> <ul style="list-style-type: none"> - Dribbling at speed, transition drills. - Shooting under mild pressure (e.g. timed or from coach's cues). - Small-sided games with strict no-contact rules. - Defensive footwork and reaction drills. <p>If remains well, progressing to:</p> <ul style="list-style-type: none"> - Full-court scrimmages with contact allowed. -Rebounding drills (contested aerial challenges). -Defensive and offensive plays at match pace. - Match preparation under full competition conditions.
<p>R2P Medical Assessment to assess fitness to return to unrestricted sport</p>		
Day 21	Only if symptom free at rest for the preceding 14 days AND symptom free during previous stage	Return to full competitive basketball



